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THE BUZZ



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Joke of the
Quarter:

Knock, knock.

Who's there?

Little old lady.

Little old lady
who?

I didn't know you
could yodel.

By : Lori Shapiro

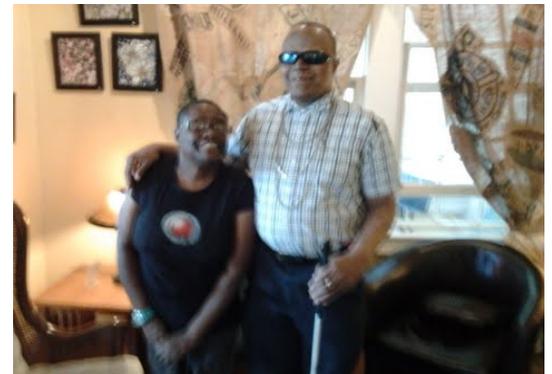
Advocacy in Action: By Mr. James Burney

Hollywood has always wanted to visit Hollywood; but who is Hollywood? Linder Lawrence is Hollywood, a woman who has been raising money to save up for a big trip to California since 2008. She's a local artist from the Ghent area of Norfolk, VA and has been able to save money by selling her paintings at her local coffee shop, Fairgrounds, and by participating in the Stockley Gardens Arts Festival. For the last four years she has saved her money to pay for her trip with the help of her friends in the community. Diana, Mark and Sky are her soul sisters and soul brother who have helped Hollywood reach her goal of visiting Hollywood, California. She refers to them as her "soul family" because they have each helped her and supported her through her quest to Hollywood and have been like a family to her. In order to help raise the last amount of money she needed for her trip, they held an Open Mic Night event at Fairgrounds, where they raffled her paintings and sang karaoke. Hollywood even performed a few songs for the audience with her soul sister, Sky.

Her trip lasted four days and she had a lot of fun. She went shopping at the Chinese Theater, visited Warner Brothers Studio and the Red Digital Cinema. She walked down Hollywood Boulevard and saw many big movie stars' hand prints in the sidewalk. I asked

Hollywood who is her favorite actor and she told me it was either Jake Gyllenhaal or Alec Baldwin. She is also a big fan of opera. At the Red Digital Cinema, she was able to star in two movies and get VIP treatment! She also continued to paint at the library where she ate hotdogs and made a lot of friends.

It took Hollywood a long time to be able to visit California. She was determined, however, to fulfill her dream. She worked hard and did not give up. She continued to go forward and reached out toward her community for support. Hollywood is an example of how anyone can do anything his or her heart desires. Speak up when you want to make great things happen in your life because someone will listen. What I learned from Hollywood is that anybody can do anything they want to do to achieve their goal in life. Hollywood said her goal is "to be famous, get big money and become a star"! My dream is to be a good advocate for people. What is your dream and do you have the guts to follow it?



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Fins, Feathers, and Paws: By Jeremy Norman

A couple of things I learned about king snakes:

Recently I got a king snake and I named him Slyer Angelious Norman. Slyer is colubrid king snake. Right now he is 3 ½ feet long. Eventually he will be about 4 feet long. Slyer is yellow with little black dots on his back and a yellow, white, and black striped head. Snakes actually feel really smooth and not at all rough or scaly. Despite those rumors about snakes he actually doesn't bite. He is very friendly and tamed. I would like to tell you all two things I learned about taking care of snakes.

The first thing is that he eats one live mouse a week. When he eats a mouse his body digests the mouse using a special toxin on the inside of his stomach. I won't gross you out with all of the gory details, but that's the cycle of life. I know he does not have any teeth because he once grabbed hold of my finger and started suckling. That means he is hungry. If this happens to you remember to remove your finger gently because it could hurt

the snake and possibly yourself.

King colubrids live in a terrarium. Slyer lives in a nice 20 gallon tank. He has two logs with branches so that he can rub along them. He does this to help shed his skin. He also has two hideouts. There is a giant piece of wood that he can hide in and a snake hideout I got at Simply Pets. I also put jungle leaves in there so he has something to remind him of the outside.

He has two heat lamps. The bulbs need to be 75 watt light bulbs which you can get from anywhere, including the dollar store. The temperature in the tank needs to be at least 80 degrees Fahrenheit to 90 degrees Fahrenheit. If the temperature is over 90 degrees you have to turn one light off to bring the heat down. I always try to keep one light on and make sure that I am always checking the temperature so that I can turn the other light on if I need to. I use a thermometer that sticks to the side of the tank. I put it in

the top corner because heat rises.

When king colubrids are sick they turn a different color. If they ever have an illness you must mist the terrarium because the mist will soak into the scales. The mist is usually made of water and some medicine. Water is the chain of life! When they feel better they will gain their color back and it is cool to watch.

I am very happy about my new snake. I hope he is with for a long while. Till next time.

Jeremy Norman.





An Interview with Interviewers

Recently Hope House Foundation began the process of including individuals we support in the interview process. While some individuals supported were already helping to facilitate second interviews at service locations, they were not yet assisting with facilitating initial interviews at the administration office.



Larry Guynn, one of four interviewers who were selected from the many applicants, provided the following answers regarding his position:

Why do you want to interview people who want to be your staff? I want to know who will work with me, if they are nice, and if they will help me with things like my laundry.

What do you tell people who are interviewing to be new staff? I like to tell them about my day so that they understand who I am and then I like to ask about their day.

What do you enjoy most about interviewing new staff? I like to meet the new people who could be working with me in the future.

One of HHF's Hiring Directors shared her perspective on including individuals we support in the interview process:

In what ways do individuals we support participate in the hiring process? Different individuals we support participate in different ways. Some individuals participate fully and we take turns asking potential employees questions. Typically, they stick to the format of the interview, but they are open to asking questions or providing additional information.

What reactions have you noticed from potential employees to having individuals we support present in the interviews? Most individuals are respectful and respond directly to whomever asks the questions, however, I have been able to weed out individuals who provide their responses solely to me.

How has having individuals we support participate helped the hiring process? It adds a fresh perspective to the hiring process and I hope that it shows that we value the opinions of the individuals we support.



All About Tim's Wonderful Accomplishments —By Tim Howard



I have made a lot of wonderful accomplishments throughout my life and I am doing really, really well lately. I can walk to the store independently and ride my bike around my neighborhood on my own. I can also do my laundry by myself and shave myself, along with other household chores and hygiene tasks. I can also use the computer to search the internet and I am able to stay at the library for one hour. I have also mastered cooking and preparing my own meals at mealtimes. I

now prepare my own breakfast, lunch, and dinner. I like to be in the kitchen and enjoy cooking.

Other things I like to do include playing Uno, usually by myself. I am also involved in different groups, including People 4 People and I am a board member of the Ark. I even recently lead a karaoke night at the Endpendence Center with the help of Chip D. who assisted me with playing the songs. Everyone said that I did a great job and that I am a secret karaoke king!

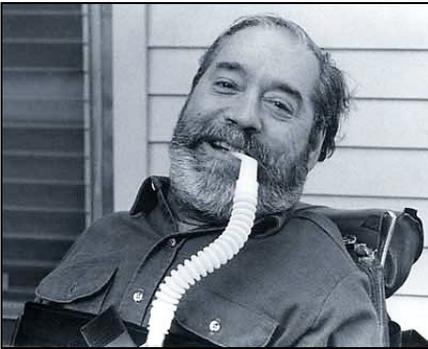
I get to go to the movies one time per month with Mell Moore, my site coordinator at Tranquility House, if I have zero behaviors through-

out the month. Also, I can go out on more outings in the community and participate in more functions when I behave myself and act appropriately. I get to go on more overnight visits with my family, get to go home for my birthday for a party, get to receive gifts, and get to go home for all traditional holidays when I behave myself.





Ed Roberts—Our Equality Celebrity



Equality is a concept that affects everyone, every day. We each want to be treated with respect regardless of our gender, race or social caste. It is important for us all to strive to ensure that everyone leads an equally self-determined life. When asked what equality means to people receiving residential services and their staff, the response was clear: having the same rights as others without disabilities, being included in all decisions that impact their lives, directly or indirectly, standing for oneself and others, and support that maximizes inclusion.

Help us celebrate equality!

Ed Roberts

Ed Roberts is the “Father of the Independent Living Movement” for people with disabilities, and was among the loudest advocates for supporting people in their own homes and enforcing civil rights of people with disabilities. Before the Americans with Disabilities Act (ADA) was enacted he was on the front lines, fighting for equality, demanding accessible technology, accessible transportation, jobs, voting, housing and true inclusion for people of all abilities.

Roberts’ helped to create the nation’s first Center for Independent Living (CIL) where people with disabilities were treated as equals and taught to “take control of their lives” instead of relying upon outdated support models. This center became the model for all future CILs and ensured that people with disabilities were given the respect, dignity

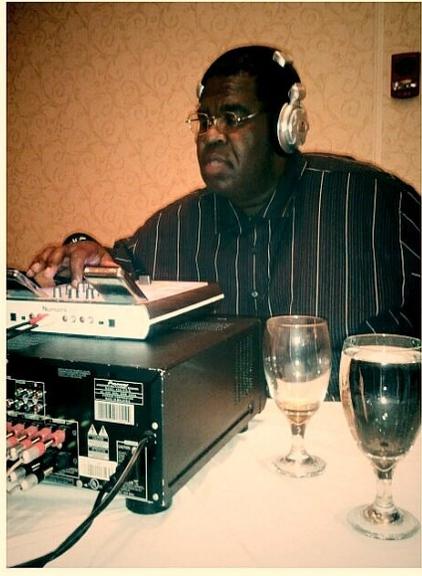
and equality that everyone has the right to. Roberts was famous for declaring, “We are no longer asking for charity, we are demanding our rights!”

Roberts’ efforts resulted in a change in attitude towards people with disabilities and continues to impact the disability rights movement. He demanded equality. Roberts’ work celebrated people of all abilities and laid the groundwork for the disability rights movement. This is why he is our equality celebrity. You can find out more about Ed Roberts at <http://climbingeverymountain.com/ed-roberts-day-be-extraordinary/>.





DJing at the Annual Dinner -By Willie Mebane



Each year Hope House Foundation hosts an annual dinner after which the guests enjoy dancing the night away to songs selected by well renowned DJ, Willie Mebane. Below is the story of his experience serving as HHF's favorite DJ.

I started volunteering as the DJ at the HHF Annual Dinner 15 years ago. I started

with cassette tapes, CDs, and digital music. I like digital music because I can get another song ready while the other song is playing. I take requests for music and I play anything requested expect for hard rap and music with bad language in the lyrics. Sometimes people come to the dinner that I have never seen before and I have to let them know that they can't simply request music that I haven't heard of because I must have requests six months before the annual dinner in order to prepare. If they request a song to dance to the night of the dinner, I wouldn't

necessarily have it because they waited too long to request the song. However, I do try to please a variety of people by playing music from the 50's, 60's, 70's, 80's, 90's, and 00's. I make sure that there is music for people to dance to and I create a play list of hits for dancing.

When I get requests for dancing songs I am sure to add it to the playlist that I am making. I now use a computer to download the requests onto my IPOD so that I have them when I arrive at the dinner. I enjoy doing this and will be back next year.



This is What I Think... A Critique Column -By Blake Thomas



It's me Blake Thomas and I'm here to let you know about the awesome game called *Dynasty Warriors 4*. I play this game on my PlayStation 2. I give this game two thumbs up because I have a lot of fun playing it. This is a sort of violent game but it does not have blood in it so it is okay for young people to play it. The language in this game is rated mild. My favorite part of the game is when Lu Bu wins a fight. The funny thing about Lu Bu winning is that he is a bad guy, that's just so funny. I also like the game because it has several good heroes too. For instance, there's Cao Cao. He rules with an iron fist in a world of chaos. There is also Xiahou Dun. He is actually the cousin of Cao Cao. He's a good character to play with, because even after losing his eye in battle he still remains an ultimate fighter. Also there is Xiahou Yuan. He is also the cousin of Cao Cao. He is actually Cao Cao's most trusted officer. Xiahou Yuan is a fierce fighter who fights alongside Cao Cao and his older brother Xlahou Dun. There are many more characters who fight alongside Cao Cao against their many enemies to save the people of the city.



Hart to Heart- An Advice Column on Relationships

Dear Dr. Hart:

I am recently single and am wondering what to do to fill time I used to spend with my girlfriend. Can you give me some suggestions?

Single and Uncertain

Dear Single and Uncertain,

I am sorry to hear about the end of your relationship. If you are ready to meet someone new, maybe you could go online and find someone you would like to meet and start going out with them. You could go out on dates or to baseball games or whatever the two of you are interested in. If you are not ready to meet anyone right now then you should hang out with your friends until you feel ready to meet someone new. Thank you for sending me your letter. I hope this helps!

If anyone else has any relationship questions, send your letter to The Buzz.

Dr. Hart!

Events/ Classifieds

Have any events coming up you want to share? Do you have items you just don't need and want to sell? E-mail efreeman@hope-house.org.



Ghent Summer Bar Tour

Tour the bars of Ghent for a good cause on July 30th from 4pm to 9pm. This event will be fun for everyone over 21 years of age. Some friendly competitions and award ceremony at the end of the evening are part of the fun. Registration includes a t-shirt, commemorative cup and wristband that entitles you to discounts at each location.

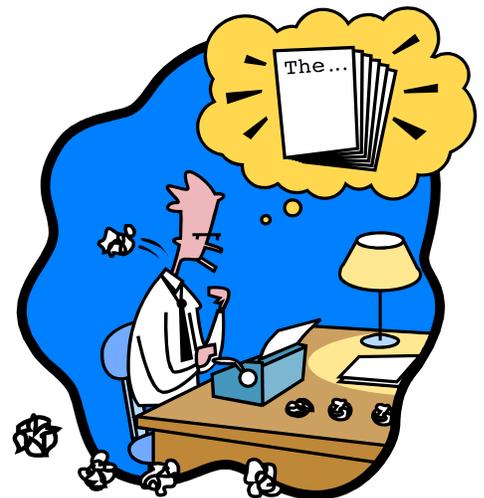


Stockley Gardens Arts Festival

Enjoy the works of over 145 artists in a variety of mediums such as paintings, ceramics, sculptures, photography and jewelry at the 2011 Stockley Gardens Fall Arts Festival on Saturday, October 15 from 10am to 5pm and Sunday, October 16th from 10pm-5pm. On Saturday from 5pm to 7pm come dance with the artists at the after-hours party and reception. There will also be live music and kids' activities all weekend long.

The event is free and open to the public.

The Buzz is looking for contributors. If you are interested in writing a one time feature article or in being a part of our regularly contributing staff writers please contact Erin Freeman at 625-6161 ext 35 or efreeman@hope-house.org. We look forward to reading new and exciting articles.



If you have any comments, opinions, or just want to contribute contact the Hope House Foundation Administrative Offices at 625-6161.